

Poster presentation

Evaluation of Cognitive-Analytic Therapy (CAT) outcome in patients with Borderline Personality Disorder

John Dasoukis*¹, George Garyfallos², Vasilios Bozikas³,
Konstantinos Katsigiannopoulos¹, Maki Voikli¹, John Pandoularis¹,
Martha Lombtziannidou¹, Christina Zagora¹, Maria Giannakou¹ and
Aravella Adamopoulou¹

Address: ¹Community Mental Health Center of N/W District, Thessaloniki, Greece, ²2nd Department of Psychiatry, Aristotle University of Thessaloniki, Greece and ³1st Department of Psychiatry, Aristotle University of Thessaloniki, Greece

* Corresponding author

from International Society on Brain and Behaviour: 3rd International Congress on Brain and Behaviour
Thessaloniki, Greece. 28 November – 2 December 2007

Published: 17 April 2008

Annals of General Psychiatry 2008, **7**(Suppl 1):S108 doi:10.1186/1744-859X-7-S1-S108

This abstract is available from: <http://www.annals-general-psychiatry.com/content/7/S1/S108>

© 2008 Dasoukis et al.; licensee BioMed Central Ltd.

Background

CAT is a type of brief psychotherapy, which integrates in theory and practice concepts and methods from cognitive, psychoanalytic, behavioral and other approaches. There are studies showing the effectiveness of CAT in various psychiatric disorders. The present study aims to investigate the outcome of CAT in patients with borderline personality disorder (BPD) with and without an additional axis-I diagnosis according to DSM-IV criteria.

Materials and methods

The sample of the study consisted of 91 patients, who attended the Community Mental Health Center of N/W district of Thessaloniki over a period of 4 years (2002-2005), received a diagnosis of BPD or personality disorder NOS with predominant borderline traits according to DSM-IV criteria and for whom it has been decided to be treated with CAT. The MMPI, the EPQ and the Post-therapy Questionnaire (PtQ) were used as evaluation instruments on the two follow ups, 2 months and 1 year after therapy termination.

Results

On the 2-month follow up, 57 patients, who attended the follow-up, showed a statistically significant improvement on almost all the clinical scales, on the sum of the clinical

scales and on some of the research scales of the MMPI, as well as on some scales of the EPQ, compared to the intake. On the 1-year follow-up the patients (N=40) maintained the achieved improvement. Patients with BPD only (N=21), showed the same improvement on follow-up, as the patients with BPD and an additional axis-I diagnosis.

Conclusions

CAT is an effective brief psychotherapeutic technique for patients with BPD with and without a comorbid diagnosis (axis-I) of a clinical syndrome. The beneficial effect is sustained at least for 1 year after therapy termination. Further investigation is necessary to validate the above findings in more distant follow-ups.

References

1. Ryle A: **Cognitive-Analytic therapy and borderline personality disorder**. Chichester, Wiley; 1997.
2. Dunn M, Golyukina K, Ryle A, Watson J: **A repeat audit of the Cognitive-Analytic Therapy clinic at Guy's hospital**. Volume 123. *Psychiatr Bull*; 1997:165-168.
3. Garyfallos G, Adamopoulou A, Mastrogiani A, et al.: **Evaluation of CAT outcome in Greek psychiatric outpatients**. *Eur J Psychiatry* 1998, **12**:167-179.